

SIPPICAN SOUNDINGS

News from the Marion Council on Aging

JANUARY 2018

The Council on Aging's mission is to advocate on behalf of Marion's Older Adult population and to strive to enhance quality of life in the community by providing educational, recreational, and cultural programs and activities.

Marion Council on Aging

465 Mill Street

Marion, MA 02738

Office: 508-748-3570

www.facebook.com/marioncoa

www.marionma.gov/coa

COA Office Hours: Monday—Friday 9:00 a.m.—3:00 p.m.

Karen Gregory, Acting Director; kgregory@marionma.gov

The Monday Lecture Series

Monday, January 8th, 12:30 p.m.

New Year...New Opportunity to get Organized! The start of a new, fresh year is a perfect opportunity to stop procrastinating, and start sorting through the clutter in particular nagging areas of your home or office. We will review 12 tips to help you get your new year off to a well-organized start!

Presentation will be conducted by Maggie Morales, Professional Organizer.

Monday, January 22nd, 12:30 p.m.

Sippican School Jazz Band performance. The philosophy of the Music Program at Sippican School is: To expand each student's musical education, demonstrate the benefits of consistent effort, instill the need for accountability and team work in each student, and to have FUN. Under the direction of Hannah Moore we will be treated to an afternoon of music from the talented youth of the Sippican School Jazz Band.

Monday, January 29th, 12:30 p.m.

Heart Healthy Jeopardy presented by Community Nurse Home Care. If the answer is: A fun, interactive way to learn about heart health The QUESTION must be: WHAT IS HEART HEALTH JEOPARDY? With a chance to win fabulous prizes! Presentation will be made by Barbara Canuel, RD.

A Sneak Peek at February...

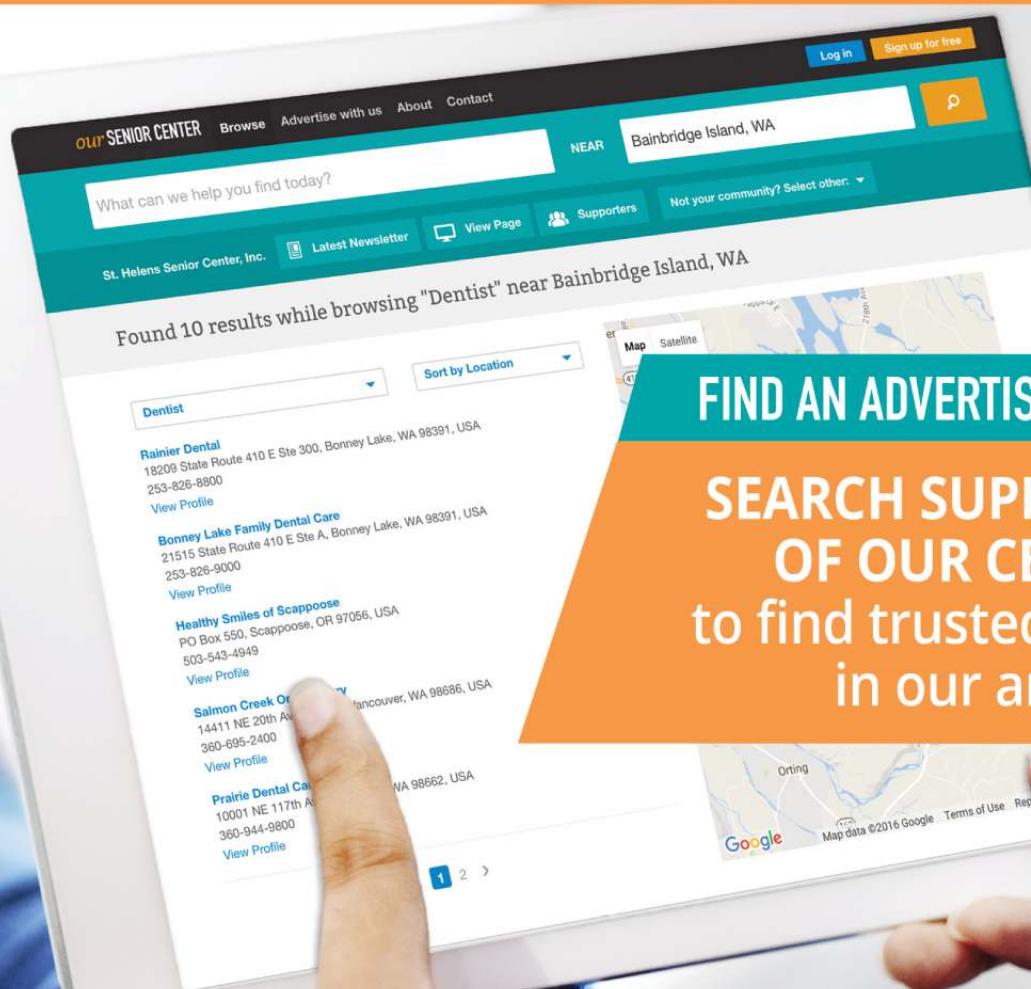
Monday, February 5th, 12:30 p.m. Native Pollinator Lecture with Entomologist Extension Educator Blake Dinius.

Monday, February 12th, 12:30 p.m. Chocolate Workshop—All the questions you've ever had about chocolate will be answered in this workshop as well as a sampling of chocolate from the world over. Registration will be required.

Monday, February 26th, 12:30 p.m. Liisa Budge Johnson will speak on the Elephant Sanctuary of Tennessee where they provide captive elephants a safe haven dedicated to their well being.

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EXERCISE CLASSES

Did you make a New Year's resolution to get more active? The Marion Council on Aging offers an exercise class for every level here at the Benjamin D. Cushing Community Center. See below for a full listing with instructors and fees. Don't forget to check with your health insurance provider as some will reimburse the cost of a class taken at a Council on Aging.

Dance Fit with Ellie Mondays at 9:00 a.m. —free

Chair Yoga with Pam Mondays at 10:15 a.m. —free

Group Fitness with Janet Wednesdays and Fridays at 9:30 a.m. —\$35.00 for a 10 week session, free for YMCA members

Tai Chi with Kyle Thursdays at 9:00 a.m. —\$10.00/class

Zumba with Pati Thursdays at 10:15 a.m. —\$25/6 weeks or \$5.00/class

Strength & Conditioning with Larry Fridays at 12:30 p.m. —\$3.00/class

TRANSPORTATION FOR MARION RESIDENTS

Transportation is available for Marion residents in need of rides for grocery shopping, personal errands and medical appointments. Please call the COA office as soon as you know you will need a ride as slots fill quickly, 508-748-3570.

When reserving transportation please have the exact date, time and address of your appointment. Boston appointments must be scheduled no later than 1:00 p.m. at the doctor's office/hospital whenever possible. The Council on Aging provides curb to curb transportation, all vehicles are wheelchair accessible.

DVD & PUZZLE LENDING LIBRARY

With the long days of winter looming what better time to start a jigsaw puzzle or cozy up to watch a good movie. We have a large number of jigsaw puzzles available to borrow for your enjoyment. In addition to the puzzles the COA also has a selection of DVDs available to loan for your viewing pleasure. Stop by the Benjamin D. Cushing Community Center to see if there is something to suit you.

MY SENIOR CENTER SCAN SYSTEM

Have you signed up for your scan card yet? Stop by the reception desk to sign up, then scan in every time you come to the COA, whether it is for lunch, to attend one of our many events, or any other reason. We utilize the data that is collected in applying for grants. Starting in February we will be giving a PRIZE for the senior who has scanned in for the most events that month.

DENTAL CLEANINGS & SCREENINGS

As we age, our dental needs become more complicated and many push dental exams off until major problems occur. The Visiting Dental Hygienist Program provides consumers with a public health dental hygienist that travels to the Community Center with a mobile dental unit providing dental cleanings, screenings, oral health information and education, including denture adjustments and cleanings. The Visiting Dental Hygienist Program is made possible, in part, by Coastline Services. You must be age 60+ with no dental insurance or limited financial means. To schedule your appointment for Tuesday, January 16th, call Holly Petruzzo, RDH, 774-766-7238.

PODIATRY CLINIC

Dr. Harry Shoemaker, D.P.M. will be available on Monday, January 22nd at the Community Center to provide podiatry services. Please call 508-748-3570 to schedule your appointment.

ZEITERION TICKETS

Tickets for the 2017-2018 season at the Zeiterion Theatre are now on sale, and once again they are offering a discount to area seniors for many of the shows. Stop by the reception desk of the COA to see a listing of shows.

January 2018 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Happy New Year Council on Aging will be closed	11:30 a.m. Lunch	9:30 a.m. Group Fitness \$35/10 weeks 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café Please note there will be no nurse consultations today.	9:00 a.m. Tai Chi \$10 10:15 a.m. Zumba,\$5 11:30 a.m. Lunch 1:00p.m.—2:30 p.m. Memory Loss Support Gr 1:00p.m.—3:00 p.m. 50+ Jobseekers 1:00p.m.—4:00 p.m. Duplicate Bridge, \$3	9:30 a.m. Group Fitness 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, \$3
8	9	10	11	12
9:00 a.m. Dance Fit 10:15 a.m. Yoga 11:30 a.m. Lunch 12:30 p.m. Lecture— New Year New Oppor- tunity to get Organized	11:30 a.m. Lunch	9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00p.m.—4:00 p.m. Duplicate Bridge, \$3	9:30 a.m. Group Fitness 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, \$3
15	16	17	18	19
Martin Luther King Day Council on Aging will be closed	11:30 a.m. Lunch	9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00p.m.—2:30 p.m. Memory Loss Support Gr 1:00p.m.—4:00 p.m. Duplicate Bridge, \$3	9:30 a.m. Group Fitness 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, \$3
22	23	24	25	26
9:00 a.m. Dance Fit 10:15 a.m. Yoga 11:30 a.m. Lunch 12:30 p.m. Lecture— Sippican School Jazz Band led by Hannah Moore	9:00 a.m-11:00 a.m. Basket Weaving Registration Required 11:30 a.m. Lunch	9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.-12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba,\$5 11:30 a.m. Lunch 1:00p.m.—4:00 p.m. Duplicate Bridge, \$3	9:30 a.m. Group Fitness 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, \$3
29	30	31		
9:00 a.m. Dance Fit 10:15 a.m. Yoga 11:30 a.m. Lunch 12:30 p.m. Lecture— Heart Healthy Jeopardy with Community Nurse	9:00 a.m-11:00 a.m. Basket Weaving Registration Required 11:30 a.m. Lunch	9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.-12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café		

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HOME SECURITY TEAM



Thank you to the Marion Police Brotherhood and the Firefighters Association for their generous donation to the Marion Council on Aging

SIPPICAN HISTORICAL SOCIETY'S CLASSIC MOVIE SERIES

January 12th - Apartment
February 9th - The King's Speech
March 9th - L.A. Confidential
April 13th - Hud
May 11th - The Last Picture Show

Movies begin at 7:00 p.m. and are shown at
The Music Hall

TRIP TO HANOVER MALL & TRADER JOE'S

We will start our trip at the Hanover Mall which is home to stores such as Macy's, Sears and Walmart. After some time shopping at the mall we will make a stop at Trader Joe's before heading home. Tuesday, January 23rd—bus will depart from the Benjamin D. Cushing Community Center at 9:00 a.m.

Sign ups begin on January 9th, 508-748-3570.

MEMORY LOSS SUPPORT GROUP

Biweekly on Thursdays, 1:00 p.m.—2:30 p.m.

Benjamin D. Cushing Community Center
465 Mill Street, Marion.

This support group led by Patricia Midurski, RN, CDP and Carol McAfee, LPN, CDP of Community Nurse Home Care is appropriate for individuals with memory loss **and** their care partner.

All participants must be independent in their ADLs to attend. Free, but pre-registration is required. Please contact Karen Gregory, 508-748-3570.

Fall/Winter Meeting Dates:

- | | |
|----------------|-----------------|
| ◇ January 4th | ◇ February 1st |
| ◇ January 18th | ◇ February 15th |

WATERFRONT MEMORY CAFE

Every Wednesday
11:30 a.m. Lunch
12:30 p.m.—2:00 p.m. Activities

Weekly programming for individuals with Alzheimer's or other memory loss; **with their care partner, family or friends**, in a safe, supportive and engaging environment.

The Marion Waterfront Café is sponsored by funding from The MA Association of Councils on Aging, MA Executive Office of Elder Affairs, Marion Police Brotherhood, Southcoast Community Grants Program and Friends of the Marion Visiting Nurse.



January 2018



Must RSVP 24 hours in advance (by 11:00a.m.)
508-748-3570.

Monday	Tuesday	Wednesday	Thursday	Friday
Happy New Year	2 Sodium (mg): Na ⁺	3 Sodium (mg): Na ⁺	4 Sodium (mg): Na ⁺	5 Sodium (mg): Na ⁺
	Stuffed Shells 390	Cuban Picadillo 251	Honey Mustard Chicken 481	Hot Dog *550
	Broccoli Florets 12	White/Brown Rice 36	Mashed Potato 62	Mustard and Relish 55
	Garlic Button Mushrooms 12	Tuscan Vegetables 56	Scandinavian Vegetables 42	Baked Beans 36
	Dinner Roll 160	WW Roll 160	Multigrain Bread 190	Tarragon Carrots 77
	Peaches 5	Fresh Apple 2	Chocolate Chip Cookie 171	Hot Dog Roll 210
			Diet: Graham Wafer 85	Fresh Orange 0
	Total Sodium: 579	Total Sodium: 505	Total Sodium: 945	Total Sodium: 1010
	Calories: 429 Carbs: 72	Calories: 422 Carbs: 63	Calories: 756 Carbs: 101	Calories: 627 Carbs: 78
8	9	10	11	12
Baked Meatloaf 131	Mac & Cheese 403	Chicken Escarole Soup 52	Potato Pollock Filet 150	Chicken Chow Mein 388
Gravy w/ Pearl Onions 110	Brussel Sprouts 12	Chicken Parmesan 361	Tartar Sauce 261	Asian Rice 92
Mashed Potato 62	Tomato Florentine 121	Penne Pasta w/ Sauce 56	Potato Wedges 27	Oriental Vegetables 26
Country Vegetables 32	Fruit Loaf 190	California Vegetables 27	Green Beans 3	Dinner Roll 160
Oatmeal Bread 121	Pineapple 1	WW Roll 160	Honey Wheat Bread 135	Applesauce 20
Cinnamon Apples 4		Banana 1	Mandarin Oranges 6	Fortune Cookie 2
Total Sodium: 460	Total Sodium: 727	Total Sodium: 657	Total Sodium: 582	Total Sodium: 688
Calories: 550 Carbs: 76	Calories: 702 Carbs: 96	Calories: 568 Carbs: 95	Calories: 612 Carbs: 77	Calories: 412 Carbs: 68
No Meals Served 	16	17	18	19
	Cheeseburger 387	Roast Pork 71	Greek Meatballs 354	Turkey Tetrazzini 420
	Ketchup and Mustard 137	Apple Gravy 111	Rice Pilaf 134	w/ Noodles
	Roasted Potatoes 33	Mashed Potato 62	Asparagus 6	Roman Vegetables 26
	Cabbage & Carrots 47	Winter Squash 13	Multigrain Bread 190	Oatmeal Roll 121
	WW Hamburger Roll 230	WW Bread 160	Mixed Fruit 10	Peaches 5
	Pears 4	Hermit Cookie 108		
		Diet: Graham Wafer 85		
	Total Sodium: 838	Total Sodium: 524	Total Sodium: 695	Total Sodium: 572
	Calories: 619 Carbs: 64	Calories: 662 Carbs: 90	Calories: 550 Carbs: 63	Calories: 592 Carbs: 105
22	23	24	25	26
American Chop Suey 211	Italian Braised Beef 78	Unsalted Saltines 12	Beef & Pepper Casserole 293	"Catch of the Day" 60
Tuscan Vegetables 56	Garlic Mash. Potato 62	Vegetable Soup 174	Carrot Coins 77	Newburg Sauce 66
Dinner Roll 160	Asparagus 6	Chicken w/ 320	Multigrain Roll 190	Red Bliss Potatoes 4
Mandarin Oranges 6	WW Bread 160	Peach Salsa 45	Pistachio Cookie 170	Tahitian Vegetables 38
Yogurt Cup 50	Applesauce 20	Spanish Rice 22	Diet: Lorna Doone's 85	Honey Wheat Bread 135
		Oatmeal Roll 121		Fresh Apple 2
		Banana 1		
Total Sodium: 483	Total Sodium: 326	Total Sodium: 696	Total Sodium: 730	Total Sodium: 305
Calories: 510 Carbs: 78	Calories: 535 Carbs: 69	Calories: 490 Carbs: 71	Calories: 583 Carbs: 75	Calories: 384 Carbs: 68
29	30	31	All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack. Congregate Meal participants may take home packaged bread, desserts and milk.	
Sausage w/ *520	Tossed Salad 124	Egg Salad 373		
Peppers & Onions	Portuguese Chicken 420	German Potatoes 62		
Pasta Alfredo w/ 249	Parsley Mash. Potatoes 63	Coleslaw 81		
Portobello Mushrooms	Multigrain Roll 190	WW Roll 160		
Sub Roll 162	Fresh Orange 0	Mini Carrot Cake 209		
Peaches 5		Diet: Low Sugar Cake 210		
Total Sodium: 936	Total Sodium: 797	Total Sodium: 885		
Calories: 576 Carbs: 83	Calories: 537 Carbs: 76	Calories: 551 Carbs: 83		

Meals are based on a No-Added Salt (3-4 gm/day) Diet for Healthy Older Adults : * Indicates a food with more than 500mg sodium

"Catch of the Day" will vary based on availability : Menu is subject to change without notice

Your voluntary \$2 donation today, provides more meals tomorrow.

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From State Senator Marc Pacheco

Please join me at my upcoming “Senior Health and Wellness Fairs.” Representatives from federal, state and local senior agencies will be in attendance to provide information and presentations on senior health programs, benefits and wellness activities. Blood pressure checks, glucose screenings and flu shots will be offered. Complimentary coffee and pastries.

Tuesday, January 16, 2018, 10:00 a.m.—4:00 p.m.
Roseland Ballroom, 174 Broadway (Rt. 138) Taunton, MA 02780

Friday, January 19, 2018, 10:00 a.m.-4:00 p.m.
Middleborough Town Hall, (Grand Ballroom, second floor) 10 Nickerson Avenue, Middleborough, MA 02346

To confirm your attendance please call my district office at 508-822-3000.

The Marion Council on Aging assures that no person shall, on the basis of race, color, national origin or income be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity receiving Federal financial assistance, as required by Title VI of the Civil Rights Act of 1964, as amended, and the Civil Rights Restoration Act of 1987 (P.L. 100.259), and federal Executive Order 12898 (Federal Actions to Address Environmental Justice in Minority Populations and Low Income Populations). Further the Marion Council on Aging will make every effort to ensure nondiscrimination in all of its programs and activities, whether they are federally funded or not, and that services and benefits are fairly distributed to all people.

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